

**ABSTRACT OF THE DISCLOSURE**

An orbital resistance-adjustable sphere exercising apparatus (10) that is designed to allow several exercise routines to be performed through several planes and range-of-motion at selectable friction levels. The apparatus (10) consists of four major elements: a sphere cradle (12), a sphere (116), a set of three sphere friction pads (42, 54, 90) and a telescoping pole assembly (126). The sphere cradle (12) includes a base (14) that has attached three sphere support frames (32, 52, 92) that are evenly spaced and that each have attached the friction pads (42, 54, 90) that interface with and support the sphere (116). The sphere cradle (12) also includes a sphere friction adjusting rod (104) that when rotated clockwise the three sphere support frames (32, 52, 92) simultaneously extend inward allowing the friction applied by the three friction pads (42, 54, 90) to the sphere (116) to increase. Likewise, when the rod (104) is rotated counter-clockwise the applied friction is reduced.